

Period 2 - Self-image Support

Independence, Safety, Self-confidence, Self-expression

During the second period, we will practice the following things. You can also pay special attention to these at home.

All children should be able to have a sense of themselves as individuals who do not conform wholly to their environment. They should have the courage to create their own space and be active in their own lives instead of being passive.

1. Interaction

We enable every child in discussions, narratives and storytelling. It is important to practice being in the center of the attention and it is even more important to learn the art of listening to others.

→At home for example: You can practice storytelling as well.

2. Communality

Being noticed in society and to those who matter is an important part of the development of a child's self-awareness and self-image.

→At home your child can practice drawing pictures of oneself as an individual, as part of the family, as part of a friendship, as part of society. Discuss who is important to the child and to the parents.

3. Self-expression

Taking responsibility for your feelings and reacting properly to your feelings is a complicated task that most people are still learning as they enter adulthood. We will practice this by discussing how the children feel.

→At home you can practice by having conversations: When and in what situations do you feel good? When do you feel bad and what can be done to prevent that?

4. Positivity and making feelings known

We learn to say positive things about ourselves and others. We show the children how they feel in a positive situation.

→At home for parents can practice with their children by saying positive things to each other. Parents can establish their child's positive behaviour by commenting positively on it.

5. Giving attention to the child

To give lots of attention to the child him or herself, not to the child's clothes or other "accessories".

→At home giving attention only to the child, not her/his external appearance.

6. Individual space

We will give everyone individual space, so everybody can have some privacy. Having their own place can also help children to cope with otherwise chaotic moments. If everyone has their own private space we create a more helpful environment in which conflicts are less likely to occur.

→At home you can create a private space for the child as well.

Period 2 – Compliments and encouragement

The use of an appropriate compliment that emphasises the elements on which each child is focusing is the most effective way to achieve success. Here are ideas for complimenting children during the second period:

Independence – “You did this yourself!”

Self-confidence – “You can do it!”

Safety – “Now we will practice in...”

Self-expression – “Can you repeat this using nice words?”



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PERIOD 2 - SKILLS

Ponder together with your child what skills s/he needs to practice during the 2nd period in terms of independence, self-confidence or self-expression.

Decide together in what way you will celebrate a well-practiced skill! You can seal the contract with signatures, so it will become important to both of you.



Skill:

Prize at the end:





Signatures:
